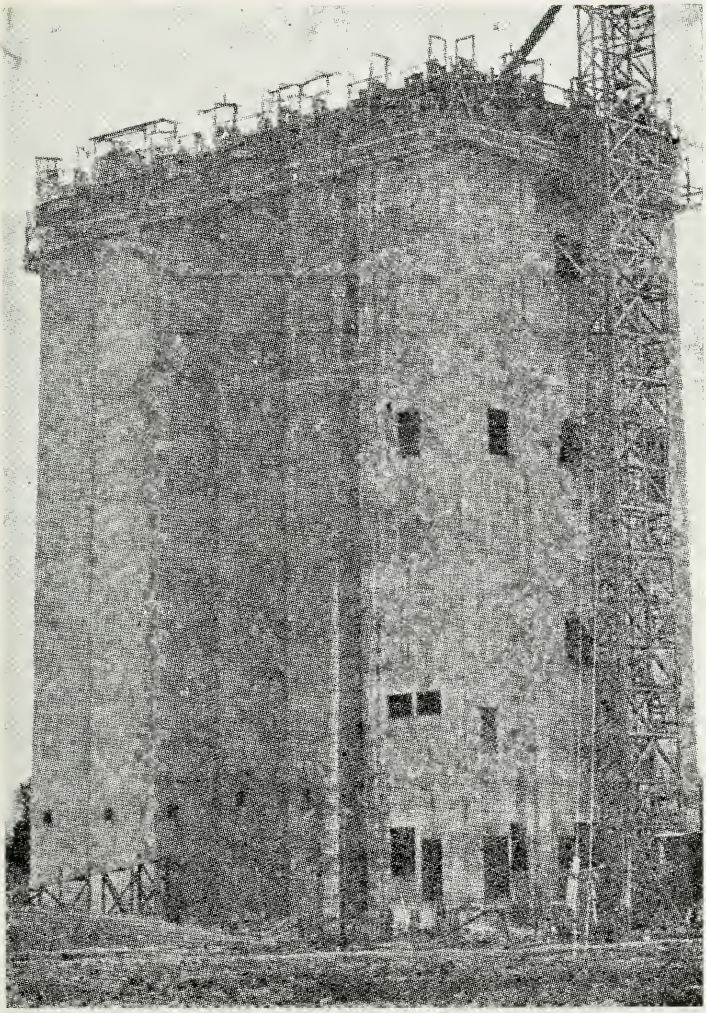
September 26
1940

Millennial Star



Giant Church Grain Elevator

Vol. 102, No. 39 Thursday, September 26, 1940

POETRY

SAY NOT THE STRUGGLE NAUGHT AVAILETH.

Say not the struggle naught availeth,
  The labour and the wounds are vain,
The enemy faints not, nor faileth,
  And as things have been they remain.

If hopes were dupes, fears may be liars;
  It may be, in yon smoke conceal'd,
Your comrades chase e'en now the fliers,
  And, but for you, possess the field.

For while the tired waves, vainly breaking
  Seem here no painful inch to gain,
Far back, through creeks and inlets making,
  Comes silent, flooding in, the main.

And not by eastern windows only,
  When daylight comes, comes in the light;
In front the sun climbs slow, how slowly?
  But westward, look, the land is bright.

—Arthur Hugh Clough (1819-1861).

THOUGHT FOR THE WEEK:

I disagree with every word you say, but I will defend to the death your right to say it. —Voltaire.

1840 Hundredth Year of Publication 1940

THE LATTER-DAY SAINTS'

MILLENNIAL STAR

ESTABLISHED IN 1840

Vol. 102, No. 39 Thursday, September 26, 1940 Price Two Pence

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Editor—Publisher

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He that tilleth his land shall be satisfied with bread: but he that followeth vain persons is void of understanding.
—Proverbs 12: 11

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THIS WEEK'S COVER

"AND when all the land of Egypt was famished, the people cried to Pharaoh for bread: and Pharaoh said unto all the Egyptians, Go unto Joseph; what he saith to you, do.

"And the famine was over all the face of the earth: and Joseph opened all the storehouses, and sold unto the Egyptians; and the famine waxed sore in the land of Egypt.

"And all the countries came into Egypt to Joseph for to buy corn; because that the famine was so sore in all lands."
—Genesis 41: 55-57.

Personal Progress Through Wise Money Management

By Ira J. Markham

DESIRED OBJECTIVES

MEMBERS of the Church of Jesus Christ of Latter-day Saints have high ideals. When the spirit of the Gospel enters the lives of people, they are not satisfied to live an ordinary life. There are so many things that can be done to make life richer and fuller and happier. There are so many things to do and such a short time in which to do them. If it is important for the average individual to conserve his energy and plan his time and resources to accomplish desired objectives, it is doubly important for members of this Church, who have so much more to accomplish.

The ideals and faith of a family are registered in the goals that are set. The goal for most Latter-day Saint parents is to have a large family, to give opportunity for an education above the high school level to each child, and to give them a good start in life. In most cases there is a desire to send the children on missions. Arrangements also must be made to meet all financial requirements, including the payment of tithes and offerings.

Planning for the future is a direct responsibility of every Latter-day Saint family. We are particularly admonished at this time to "get out of debt," and a financial plan can be adopted to accomplish this desired goal. Some guiding principles are here given to help accomplish these objectives.

FORMULATING A FINANCIAL POLICY

You cannot afford just to "muddle through" in attempting to reach your goal. Too many mistakes are likely to be made and mistakes are costly. A worthy objective requires intelligent planning to accomplish it in the shortest possible time. No intelligent builder ever attempts to construct a house without a plan. You also need a financial plan to put your "financial house" in order. Planning for a mission or a college education should be scheduled years in advance of the actual happening. Working and planning for its accomplishment is training in character and spiritual development.

BUDGETING AND RECORD-KEEPING

A vital step in formulating a financial policy for the family is a decision to work out a budget to accomplish the goals desired. While record-keeping is highly desirable, it is not enough, for many people keep records, yet still have nothing left at the end of the month to do the things they really want to do.

A budget is generally considered as a plan, but its meaning is far more comprehensive. It should be a plan for purposeful and profitable living. It is a means of eliminating waste. It is a method of getting the most out of one's income, whatever its size. It is also a guide to financial independence. Above

all, it insures keeping one's "financial house" in order when used regularly and continually.

When budgeting is really understood, it will not be bothersome or uninteresting. If it is irksome to some adults today, it is because they were never trained to budget when habit formation was easiest, in childhood. You owe it to your children to train them in a system of this kind, as it is one of the best types of training they can receive.

THE FAMILY COUNCIL

In the making of a family budget, all members of the family are given an opportunity to co-operate and participate. It will require a period of planning, observation, and experimentation before the system can be made to run smoothly and efficiently. It also requires personal management and self-control of a high order to be able to live up to decisions made. This self-discipline, however, is character-building, and is one of the chief benefits received from adopting and living up to a system of this kind.

It is in a programme of this kind that the "family council" idea can be used to greatest advantage. A formal business meeting can be called once each month where financial reports are presented and financial policies for the future worked out. All members of the family are to participate and feel a direct responsibility in decisions made. Try to be as businesslike in your business dealings with your family as you would be with business associates.

THE FINANCIAL PLAN

Life is a series of choices. Decisions must be made daily as to which is of greater or lesser value; what is of temporary or permanent value. In the monthly family council or "board of directors'" meeting, the father and mother have an opportunity to impress the younger members of the family with the need for making decisions between waste and extravagance in the present, or comforts and freedom from worry in later life.

Avoid being dictatorial. Try to lead the discussion and endeavour to let the children feel that it is their own decision.

The amounts to apportion to each of the following general classifications of expenditures will depend on the goals and standards established. Working out the proper apportionments will require a period of trial and experimentation. Mistakes made during the previous month will be discussed and analyzed at the regular business meetings and an effort made to correct the mistakes the following month.

APPORTIONING THE INCOME

Tithing

"The soul that gives is the soul that lives." The payment of tithes and offerings is an insurance for you and your family here and hereafter. It is a direct investment in eternal values, and as such, it is the very best investment you can make.

(Continued on page 687)

The Power Of Keeping Cool

By Weston N. Nordgren

TWO and a half years ago I began work as a sawyer in a venetian blind slat factory. The high hum of electric saws and the steady whine of the sticker or moulder as wood slats flew through it to become shaped and smoothed for milady's venetian blind, was only varied by the catcalls of the workers who, keyed to the highest tension, had in some way to relieve their feelings.

A few days after I began to swing the electric chop-saw up and down, endlessly cutting and inspecting slats, a young dancer and a tall, rugged ex-soldier of the Spanish American war joined our group. In the hot, stuffy, sawdust loaded atmosphere, the dancer almost went crazy in the first week. One moment he would sing to the highest note he could reach; the next he would shout and curse his luck and his neighbours. Two weeks was all he could take, and then, opportunity beckoning, he went back to the footlights at £10 a week—more than twice what he was paid in the mill.

The long-tall man was put to work sorting slats, and it became part of his duty to empty the slat-trough at my left. This he hated to do, and for some unknown reason he transferred that hate to me. He let no opportunity go by to tantalize me and try to get me fired. At first he would "accidentally" bumped into me as he passed, then he found that by dropping slats on top of my "trim," he could hold me up a few minutes, giving the foreman (later his son-in-law) opporunity to "cuss me out."

This was exasperating enough, but gradually his ingenuity led to bumping me against the guard of the lightning-bladed saw. Once I almost ran my arm under the guard as I reached forward to brace or catch myself after a push. I was fast losing my patience, and felt that if I could only knock him down, I would at least feel some self-respect in his presence. No matter how big he was, I felt that with right on my side and a couple of fists directed at his solar plexus I could do some damage before he beat me to a pulp.

Then one day in passing he swung a cedar pole and struck me on the side of the head. I whirled quickly, ready to sock him for all I was worth, but giving me a triumphant smile, he turned and walked away between the slat tables, while the foreman, who had observed the incident, came over my way in a threatening attitude.

So beyond patience and endurance was I, that I felt I could "clean up" on the two of them. In the university I had learned a few things about boxing, and with my nose already broken—once from a baseball bat and once from a gloved fist—I was not exactly afraid of the beating I would get. The foreman saw me coming, and got ready to block me, and several of the men began looking in our direction expectantly.

Suddenly from somewhere I heard the whispering of the Still Small Voice—just barely audible in my inner conscious-

ness. "Keep cool," it said. "Keep cool." I stopped, turned and went back to my work. I felt that even though others might feel I showed a lack of courage, I knew that something more important was at stake.

Several days passed. Then one morning the "Missouri Mule," as I had named him after that cedar pole "kick" in the head, turned up with an awful cold. He could hardly see. He could hardly speak.

It was Saturday, and he and I were working together at the sorting tables.

Finally he leaned over and asked me if I knew what was good for a cold. I told him "yes," and going to the first aid cabinet, took out some aspirins and gave them to him, with instructions for using them, taking a hot mustard footbath and a good rest to get the cold out of his system. So miserable was he that he left work within the hour, and went home.

He did not show up until noon, Monday. And when he came, he was entirely well. He had a fine smile on his face, and he greeted me like a long-lost brother. I wondered whether this was some new stunt he was planning for my annoyance, or whether it was genuine. I asked him straight-out, what his game was.

"It's no game," he said. "I mean it." Then he grew confidential. "Do you know," he went on, "that I never had a friend like you? I was jealous of you; I hit you, I bumped you, I hindered you and did everything I could to make you lose your patience and get 'canned.' You took everything, and when I was sick, and nobody could help me, or would help me, you did. You helped me get well, and I'm grateful. From now on, I'm your friend," and he meant it.

Two years have passed, and in that time, my "Missouri Mule" has indeed been a friend. He has helped me in every way possible; lifted objects too heavy for me to tackle alone; done many odd jobs to help me in my various duties; and never once have I had the least bit of trouble with him. The attitude of the foreman changed, too, toward me, and finally I was about the only friend he had left in the mill. He had so aroused the animosity of the other men that the manager took away his authority and gave it to another man, who as soon as possible "fired" him. The "Missouri Mule" finally went too, in a wave of "economy" inspired by the new foreman. He was not discouraged, but went out and started his own business.

Often I have thought of how well it paid me to listen to the voice of my Guardian Angel, and to "keep cool." Not only did I keep my job, but gained two friends as well, the long-tall one of whom is still loyal and true today.

★

DEATH

BUXTON — The death of Sister Frances Buxton of the Eastwood Branch took place on Tuesday, August 27th, at the age of 56 years. Funeral Services were held on Saturday, August 31st, under the direction of President Samuel Pears of the Hucknall Branch. Memorial service was held in the Eastwood Branch on Sunday, September 1st, under the direction of Brother George S. Allen.

Bible Goes On Ever More And More

NOTHING can stop the Bible. It is useless to call it the world's best seller, though it is, because that term implies a comparison, and there is nothing else that even remotely compares with the Bible in popular circulation.

The scriptures outsold "Mein Kampf" in Germany by 200,000 copies last year. . . . Japan, too, took an unusual number of Bibles last year, ten per cent. more than in the year before. There the American, British, and Scottish Bible Societies have joined in forming the Japan Bible Society. The Japanese Christian churches last year celebrated the fiftieth anniversary of the first complete Bible in their language. China, too, took Bibles at the rate of 20,000 a month. The demand was so great that damaged, worm-eaten, and misbound copies were all taken.

The Society keeps adding to the list of languages in which the Bible is issued. A dozen new ones last year brought the total to 1,021 tongues in which all or part of the scriptures may now be read.

There is something tremendously impressive in the Society's recital of its output of Bibles. If there is any one thing to which we may ascribe civilization's gradual growth toward human brotherhood, it is the teaching found in this book. This is a time when ideals of humanity have suffered a severe set-back. May there not be significance of a return of the pendulum in the fact that the Bible is now being called for more and more?—Excerpt from the San Francisco "Chronicle."

★

Presentation Of The Book Of Mormon To Rulers Of The World

THIS proclamation shall be made to all the kings of the world, to the four corners thereof, to the honourable president-elect, and the high-minded governors of the nation in which you live, and to all the nations scattered abroad. (Doctrine and Covenants 124: 3, January 19th, 1841.)

GEORGE FRODSHAM of the Church Department of Education has compiled the following list of Book of Mormon presentations which he has confirmed from written reports (journals, histories, etc.) and through correspondence. Some were presented personally, some through the agency of court personalities, and some were simply sent by mail. A great many of them represent intensely interesting stories.

Queen Victoria of England, 1842, Lorenzo Snow.
King Frederick VII of Denmark, 1851, Erastus Snow.
King Kalakua of Hawaii, April 10, 1877, Henry P. Richards.
Queen Kapiolani of Hawaii, Oct. 31, 1877, Henry P. Richards.
Queen Emma of Holland, 1890, Francis E. Brown.
King Oscar II of Sweden and Norway, Sept. 22, 1897, J. M. Sjodahl.
Governor Theodore Roosevelt of New York, later Pesident of the United States, 1900, Ben E. Rich.

(Continued on page 686)

★

Miracles

WE will here remind the student of two principles or laws of existence, developed in a former chapter of this work, which will account for all the miraculous powers of the universe, all the mighty works ever manifested by God or His servants.

First. All the elements of the material universe are eternal.

Second. There is a divine substance or essence called spirit, widely diffused among these eternal elements. This spiritual substance is the most refined, subtle and powerful element in the universe. It is the light, life, power and principle of all things. This divine element or spirit, is the immediate, active or controlling agent in all holy miraculous powers.

Angels, and holy men, perform all their miracles simply, to use a modern term, by being in "communication" with this divine substance. Two beings, or two millions—any number, thus placed in "communication," possess one mind. The mind of the one is the mind of the other, the will of the one is the will of the other, the word of the one is the word of the other. And the Spirit of the Lord, being in communication with them all, goes forth to control the elements, and to execute their mandates legally issued, in accordance with the mind and wisdom of the Great Elohiem.

God the Father is the head. The mandates of Jesus Christ must be in the name of the Father.

The mandates of the angels, or of holy men, in order to be legal, or of due force and power, must be issued in the name of Jesus Christ, or of the three who compose the Head Council, and must be in accordance with their united mind and will. The agency being invisible and the effect visible, the act performed appears to those who are unacquainted with spiritual agency, as a miracle, or an effect without a cause.

When Jesus was clothed upon with a mortal tabernacle, He had not the fullness of this divine power at the first, but grew and increased in the same, till, being raised from the dead, He received a fullness, and therefore, had all power in Heaven and on earth.

His Apostles received this Spirit, but not a fullness while they were mortal; therefore, they could know and perform some things, but not all.

The above was taken from "The Key to the Science of Theology," by that inimitable writer and companion of the Prophet Joseph Smith, Parley P. Pratt.

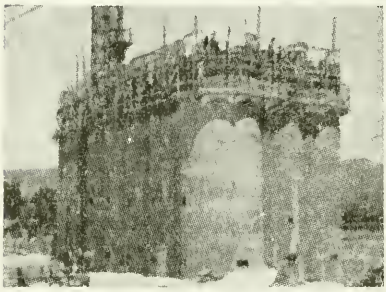
(See advert. on back page.)

THURSDAY, SEPTEMBER 26, 1940

EDITORIAL

THERE IS SOMETHING REMINISCENT OF JOSEPH IN EGYPT IN THE CONSTRUCTION OF THE

Church Grain Elevators



Half-way up

OF all the projects undertaken by the Church Welfare Plan since its inauguration in April, 1936, none has created greater interest than the construction of the huge grain elevators at the Bishops' Central Storehouse in Salt Lake City. Scores of men have donated their labour and thousands of persons have visited the Welfare centre to watch the building operations. Features contributing to this unusual interest include the following:

As far as known, this is the first structure of its kind undertaken on such a large scale by any church to supply primary foodstuffs to its people. Those who have watched the work progress have gone back in memory to the days of Joseph in Egypt and recalled how he built granaries throughout the land to prepare for the famine that was ahead.

All the labour on the structure except some supervision has been supplied by the Welfare Plan. Even the general supervision has been given on a purely voluntary basis without any fees or compensation.

The nature of the construction is different from any other building ever erected in Utah. As one witnessed the forms climbing upward, inch by inch, apparently on their own power, it seemed that after all it might be possible for one to lift himself up by his own bootstraps. As a matter of fact, the forms for the bins were raised with 103 jacks, each of which was fastened to a steel beam one inch in diameter, this beam being buried in the concrete as the structure rose and forming part of the reinforcement.

After ground tests and other preliminaries were completed, the space to be occupied by the elevators, which are ninety-two feet long and forty-eight feet wide, was excavated with a modern dragline. The 626 piles, each forty feet long, were driven into the ground. These formed a veritable forest of

piling. In all, twenty-five thousand feet of piling were used. Each pile has a carrying capacity of twenty-five tons. After the driving was completed, the extreme tips of the piles were sawed off so they would be all even in length. In between the piles, washed gravel was placed and over the gravel tons of steel reinforcing were laid. Then came the first great pouring of concrete. The "mass footing" is one great reinforced concrete slab and rests directly upon the 626 piles. It is said to be the largest single concrete slab ever to be poured continuously in the history of Utah. The footing was poured on April 16, 1940, and was completed in one day, although many of the brethren working on the job laboured very far into the night under bright electric lights.

Following the pouring of the slab, forms were set up for the giant structure. These forms were approximately four feet high and when completed outlined all the walls of the various bins and headhouse. When the forms were completed, the pouring began and it was estimated that it would continue night and day for fifteen days. However, because of the loyalty of our brethren and the efficiency with which they worked, together with the splendid supervision given, the work was actually completed in nine days. The thousands of spectators who witnessed the pouring night and day actually saw the building grow under their very eyes, inch by inch.

In all, there are sixteen bins—six round bins twenty feet in diameter with a capacity of 27,632 bushels each; four star bins with a capacity of 15,377 bushels each; two end bins with a capacity of 8,747 bushels each; and four intermediate bins with a capacity of 17,495 bushels each, giving the elevators a total capacity of 314,774 bushels. The exact amount of cement used is not available, but it ran into several thousand barrels. There were 3,717 tons of sand and gravel and 100 tons of steel reinforcing used in the structure. The bins are 116 feet from the basement floor to the top, and the headhouse is 176 feet from the basement floor to the top.

The elevators are being equipped with modern machinery, which includes two mixing hoppers, one sacking machine, grinding machines, separators, washers for the grain, conveyor belts, dust fans, and a complete spouting system from the bins as well as to the various machines. Grain can be dumped from either trucks or freight cars into the elevators, with a man hoist and pumping equipment to handle the grain.

At the time of this writing (June 5th, 1940), 284 men have contributed a total of 42,886 man-hours of labour to the project, and by the time that the elevators are completely finished and the machinery installed, it is expected that another 20,000 man-hours of labour will have been donated either on a voluntary basis or through the bishops of the respective wards in accordance with the Welfare Plan.

As one looks upon the structure, he involuntarily says in his heart, "We thank Thee, O God, for a Prophet!" and a certain sense of peace and security enters his soul.

—Roscoe W. Eardley,
Church Storehouse Supervisor.

Added Upon

A STORY

By Nephi Anderson

PART FOURTH—SECTION I. (continued)

THEY had not long to wait before word came that the King and his friend should enter another room close by. Paulus would wait for their return. The two found a venerable looking man awaiting them, who, upon their entrance, arose and said:

"Welcome, welcome, to the Lord's house. I may not call you King of Poland—there is but one King on this earth—but I will call you servants of the King, as we all are. Be seated.

"I am instructed to tell you that, as a whole, the King is pleased with the manner you are conducting your stewardship. The Spirit of our Lord moved upon you to take this journey to His capital, and you chose to come as you did. That is well enough. Tyrants do not enter this city, and your presence here is assurance to you that you are justified.

"It is well that you have disbanded your armies, and that your instruments of war have been made into ploughs and pruning hooks. Remember the law that the nation and kingdom that will not serve the Lord shall perish. The King grants to all His subjects their free agency in the matter of religion, forcing no one to obey the gospel law; still He is the King of the earth; it is His, and He made it, and has redeemed it; and He now wills that all nations shall come under one government organized by Him in righteousness. For a thousand years the earth must rest in peace; then comes the great and dreadful day of the Lord.

"And now, another thing. There have been some complaints from your country that the servants of the Lord who have been sent to preach the gospel to your people, have not had that perfect freedom which is desired. Please see to it that they are not molested while peaceably promulgating religious doctrines."

"I shall see to it," answered the King of Poland.

For some time they counselled together; then the two withdrew, and joined Paulus, who conducted them out into the city.

SECTION II.

"THE wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; . . . and a little child shall lead them. They shall not hurt nor destroy in all my holy mountain for the earth shall be full of the knowledge of the Lord as the waters cover the sea."—Isaiah 11: 6-9.

THE next day Paulus with his two visitors walked about the city. He described and explained the many deeply interesting scenes, and answered the numerous questions directed to him. The foreigners did not fail to note the wonderful advances made in the arts and sciences and their practical application to everyday affairs. They had thought their own country not behind in improvements, but here their own were far surpassed.

"We will ride out on the ether-line to one of our schools," remarked Paulus. "You will be pleased with the children."

"This is an improvement on electricity," said their director, as, seated in an elegant car, they were carried through the city without noise or jostle. "This line is rather crude yet. I was reading in the newspaper the other day that some very important improvements were shortly to be made. You have noticed, ere this, our method of heating and lighting. Don't you think it is an advancement on the old way?"

"It certainly is, though we use some steam and considerable electricity yet in our country."

"I suppose so—but here we are."

Although nothing in the city was cramped or crowded for room, the place where they now alighted was planned on an unusually large scale. Immense buildings stood upon a large tract of land, planted with trees, grass and flowers. Here were breathing room and playground. A number of streams of clear water flowed through the grounds, and small ponds were alive with fish and swimming birds. Fountains played, and statues or marble gleamed through the foliage.

"See, what is that?" exclaimed Remand, as he caught sight of a huge, shaggy beast lying under a tree.

"Just a brown bear," said Paulus. "We have some lions and a few of the rarest animals on these grounds—but I am forgetting that these scenes must be strange to you. In Poland you have not wholly shaken off the old world and its way. It takes time, of course."

"Well," replied Remand, "although the enmity between man and beast is nearly gone, we have not yet adopted bears and lions as pets for our children to play with."

"Well, we have, you perceive."

A bevy of children came dancing through the grounds. Beautiful children they were, full of life and gladness. They caught sight of bruin, stretched under the tree, and with a shout they stormed him. The animal saw them coming, and extending himself at full length on the ground, seemed to enjoy the children's tumbling over his shaggy sides. When they patted him on the head and stroked his nose, he licked their hands.

"We haven't reached quite that far," remarked the King.

"Neither do we behold such sights," added his companion, as he pointed to a tiger crouching on the grass, and gazing with no evil intention at a lamb quietly feeding by.

"You will in time," said Paulus. The earth is being filled with the knowledge of God. Hate, envy, and destruction are fast disappearing, and you see the natural results: the wolf lying down with the lamb, and children playing with once savage beasts. In this way, Satan is being bound, and the whole earth will soon be released from his power."

They came to another group of children, gathered on the shore of a small lake, who were eagerly listening to a man in their midst.

(Continued on page 685)

The Word Of Wisdom

A MODERN INTERPRETATION

By John A. Widtsoe and Leah D. Widtsoe

INSTALMENT XXX.

"IN THE SEASON THEREOF" (continued)

VITAMIN D. Unless there is a "mineral food policeman" in the body, much needed substances, such as calcium and phosphorus, cannot be utilized. The agent that performs these duties is known as vitamin D. This vitamin stimulates generally the metabolism of the necessary minerals in the cells of the body, especially in the teeth and the entire bony structure. There may be ample minerals in the food but without the presence of vitamin D they cannot be used properly in preserving bodily health. Therefore, vitamin D has been called the "mineralizing agent" in food. It also aids in the promotion of healthy nerves through its power to stimulate calcium absorption.

When there is a shortage of vitamin D in the food, especially before birth, the jawbones and teeth are poorly formed; the teeth are very susceptible to decay, often crooked and malformed; bones are misshapen and break easily. A decided shortage produces rickets, a disease well known in most countries of the temperate zone, especially those with little sunshine. The most common manifestations of this disease are bad teeth, bow legs and a misshapen bony structure generally. It has been called the "disease of poverty and darkness," for direct sunshine on the skin is a protector against rickets. Most cases of spinal curvature and other such deformities are the result of mineral and vitamin D deficiency, either in the mother's food before birth, or in the child's food during its early life, or of both. Rickets is not only a disease of the bones but affects the entire body. Those who are afflicted with it usually eat far too much starchy and sweet foods, "made dishes," instead of the foods made by nature: milk, fruits and vegetables.

Vitamin D is one of the vitamins which may be formed in the human body, but only by direct exposure of the skin to the ultraviolet rays of sunshine. For this reason the body, or parts of it, should be exposed but not overexposed to direct sunlight for certain periods daily whenever possible. It has been called the "sunshine vitamin" or the "secret of the sun." Indeed, sunshine acting on plants forms all the vitamins, and is the best physician known to man.

Vitamin D is fat soluble and occurs in many of the fatty foods which contain vitamin A; it was believed for some time to be identical with vitamin A. Vitamins A and D have been shown however to be quite distinct in their functions.

Fish liver oils are the richest sources of this vitamin. Of those investigated to date, the halibut liver oil contains many times as much vitamin D as does cod liver oil, and the blue fin

Effect of Sunlight on Growth

Both chicks received the same ration, poor in Vitamin D, but the one on the right was exposed to sunlight one-half hour daily, which generated the needed Vitamin D in its body. (Steenbock.)

tuna liver oil many times more; while the livers of the percamorph fishes (of which the perch is a member) exceed by far the content of any other known source of vitamin D. Purified preparations of all these oils are put up by reliable firms and their use is recommended, especially during the winter months. Vitamin D is found also, but in much less quantity, in yellow beef suet, milk, butter and eggs, when animals are fed right. Because of the relationship between sunshine and vitamin D, milk or vegetable oils are often exposed for a certain period to the direct rays of the sun or to artificially produced ultraviolet rays. Such irradiated foods contain vitamin D, synthesized by the ultraviolet rays.

An overdose of vitamin D may be toxic, causing an increased absorption of calcium and phosphorus from the body and a consequent disturbance of the blood, kidneys, large arteries and intestines. However, the eating of natural foods will seldom produce this effect, but the dose of highly concentrated preparations such as irradiated ergosterol may be overdone. All artificial or chemically prepared vitamin concentrates are best used on the advice of a competent physician.

Since the short waves of light (the so-called ultraviolet light which accomplishes the formation of vitamin D) cannot pass through ordinary window glass, the exposure of the body or foods to secure the benefits of vitamin D must be to the direct sunlight—in the open—but without over-exposure. Glass which is transparent to the violet rays of the sun may now be obtained, and for cold climates the use of this "vitaglass" is recommended for window panes.

An interesting property of vitamin D is that it may be stored in the body, though not to the same extent as vitamin A. It is also more stable than any other vitamin, being unhurt by cooking or oxidation.

(To be continued)

★

ADDED UPON

(Continued from page 683)

"We will hear what the lesson is today," said Paulus, and they went up to the group. The instructor was holding up a flower which he had plucked from the margin of the water, and was illustrating some peculiarity of vegetable formation to the class.

(To be continued)

Message From The Sunday School Board

TO ALL SUNDAY SCHOOL WORKERS IN THE BRITISH MISSION.

WE are more than pleased at the result of this year's DIME FUND Collection. The total coming from the Mission amounts to almost twelve pounds. During this war-time and under the present circumstances, when so many children are evacuated, this result is extremely heartening.

May we take this opportunity of expressing our thanks for the good work you have accomplished in the work of the Sunday School in the British Mission. We are mindful of your sacrifices and trials and also of the fact that we, of the Sunday School Board, cannot accomplish all that we desire to do for this work owing to the restrictions imposed by war and the heavy demands of our time.

Nevertheless, we do pray earnestly that you will be able to carry on as LEADERS in your branches, and we are willing at all times to help in any way possible, if you will but write to us.

May the Lord bless and protect you during these days of stress and danger in helping the children along the only paths that will lead to peace and righteousness.

Sincerely your brethren and sisters,

THE BRITISH MISSION SUNDAY SCHOOL BOARD.

James R. Cunningham,
William O. Chipping,
Winifred A. Osborn,
Constance L. Chipping,
Rhona L. Cunningham.

★

PRESENTATION OF THE BOOK OF MORMON TO RULERS OF THE WORLD

(Continued from page 678)

Emperor Musuhito of Japan, Dec., 6, 1909, Alma O. Taylor.
Empress Haruko of Japan, December 6, 1909, Alma O. Taylor.
Crown Prince Yoshihito, later Emperor of Japan, December 6, 1909, Alma O. Taylor.
Crown Princess Sadako, later Empress of Japan, December 6, 1909, Alma O. Taylor.
Queen Liliuokalani of Hawaii, Abraham Fernandez.
King Albert of Belgium, Oct. 9, 1919, President Heber J. Grant.
Queen Elizabeth of Belgium, Oct. 9, 1919, President Heber J. Grant.
President William Howard Taft of the United States, Nov., 1921, President Heber J. Grant.
Governor Franklin D. Roosevelt of New York, later President of the United States, July 2, 1930, President Heber J. Grant.
President Thomas G. Masaryk of Czechoslovakia, 1930, Arthur Gaeth.
President Eduard Benes of Czechoslovakia, July 19, 1937; inscribed by President Heber J. Grant and presented by Wallace F. Toronto.

PERSONAL PROGRESS THROUGH WISE MONEY MANAGEMENT

(Continued from page 675)

Decide to pay your tithing the first Sunday after pay day or as soon as your income is received. Set it aside until paid in a separate compartment marked "Tithing." This is the Lord's share and is not to be used for any other purpose.

Your family needs the spiritual and character development that comes from the payment of tithes and offerings. It is a proud moment when the father, as chairman of the board of directors, can stand before his family and say, "It is my recommendation that we express our gratitude to the Lord for all His blessings to us by paying an honest tithe."

Necessities and Operating Expenses

The amounts set aside to be spent for necessities and operating expenses will vary with the size of the family, location, and standard of living. Excessive amounts spent for rent, automobiles, expensive clothes, and costly foods, over and above the amounts that can be justified by your income and position in life, is money wasted in fleeting values.

The true character of the family will be revealed when the board of directors makes a decision between temporary satisfaction of physical appetites, the gratification of worldly desires, and the greater blessings that come from spending for more enduring values.

"Keeping up with the Joneses" is hard—is it worth the effort and sacrifices necessary to accomplish? It is a sacrifice. You are undermining your economic security and jeopardizing the future of your family for fleeting self-gratification in the present. Why not be a leader? Why do unwise things just because other people do them?

(To be continued)

100 YEARS AGO

Taken from the "Millennial Star," September, 1840

FLOOD IN THE RIBBLE:—We learn from the Blackburn "Standard," of the 19th instant, that the bridge over the Ribble, was destroyed by the flood on Monday night previous. The body of water which flowed down the channel was immense. So large a flood is not within the memory of man; and the damage is proportionably great. We have heard of cattle and large trees in considerable numbers, being washed down the stream, and the destruction of crops on the river's banks, but have not learned the details. The greatest injury, is the carrying away of Brockholes Bridge, on the Blackburn and Preston new Turnpike Road.

Hull District Conference

THE Conference of the Hull District was held in the Hull Branch Chapel, Sunday, September 1st. It convened in three sessions, the first commencing at 11.0 a.m. under the direction of District President Arthur Ransom, at which many Saints bore their testimonies.

President Ransom conducted the second session which commenced at 2.30 p.m. The General Authorities of the Church and the Mission Authorities, together with the local Officers, were presented for the sustaining vote of those assembled. Brother Eric Thorp was sustained as First Counsellor in the District Presidency. He then spoke, introducing the theme and developing it along the lines of preparation for the Second Advent. Sisters Marion Barrett and Gwendoline Farmer continued on the same topic. President A. K. Anastasiou followed with a vocal solo, "Joseph, the Seer," and addressed the congregation. His subject was "The vitality and practical faith of Latter-day Saints." He reviewed local conditions to illustrate his points.

Following this session, President Anastasiou, with Lady Missionaries Sisters Violet Thomas and Gwendoline Farmer, met with the Relief Society Sisters and discussed their work and problems and gave much valuable counsel and advice.

The third session commenced at 6.0 p.m. and was conducted by President Ransom, who was the first speaker, taking for his subject, "Christ's Crucifixion for Mankind." President Anastasiou rendered a vocal solo, "In the Garden." Sister Violet Thomas spoke next and developed the theme of the conference. President Anastasiou was the concluding speaker and dealt extensively with living the principles of the Gospel in preparation for the Second Coming of the Lord.

At this session Brothers James Walker and Kenneth R. Yull were ordained Deacons in the Aaronic Priesthood by President Anastasiou. There were 37 in attendance at the final session. A fine spirit was manifest throughout the day's proceedings and many expressed their satisfaction at the spiritual feast enjoyed.

From the Mission Field

APPOINTMENT

Brother Frank Hatton-Ward of the North London Branch, London District, was ordained an Elder on September 4th by President A. K. Anastasiou. At the same time he was set apart to labour as a full-time Missionary and appointed to manage the Circulation Dept. of the "Millennial Star."

★

PERSONALS

ADAMS - DUNN — Sister Doris Mary Adams was married to Brother Leslie Westwood Dunn at the Handsworth Chapel on Saturday, August 31st. The ceremony was performed by President Frederick Webb of the Sparkbrook Branch and a reception was held at the home of the bride.

COLLINS — Brother Dennis Collins of the Kidderminster Branch blessed his son and gave him the names of Alvin Bruce, September 1st.

POTTS — President George S. Allen of the Eastwood Branch blessed the child of Brother and Sister Potts, August 11th, giving her the names of Patricia Mary.

★

. . . AND FINALLY, A LITTLE HUMOUR.

An old lady was chatting to a parachutist.

"I really don't know how you have the courage to hang from that parachute. The suspense must be terrible."

"No, madam," replied the parachutist. "It's when the suspense isn't there that it's terrible."

LATTER-DAY SAINT MEETING PLACES IN BRITAIN

★

Aberdeen:
Corn Exchange,
5, Hadden Street.

Accrington:
L. D. S. Hall,
Over 9, Church St.

Airdrie:
L. D. S. Hall,
40, Hallcraig Street.

Barnsley:
Arcade Buildings.

Batley:
L. D. S. Hall,
Well Lane.

Belfast:
121, Victoria Street.

Birmingham:
L. D. S. Chapel,
23, Booth Street,
Handsworth.
Council Schools,
Stratford Road,
Sparkbrook.

Blackburn:
L. D. S. Hall,
Saving Bank Ch'bers,
Lord Street, West.

Bradford:
L. D. S. Chapel,
Woodlands Street,
off City Road.

Brighton:
50a, Compton Ave.

Bristol:
L. D. S. Hall,
Zion Road,
off Clarence Road.

Burnley:
L. D. S. Chapel,
1, Liverpool Road,
Rosegrove.

Bury:
L. D. S. Chapel,
15, Broad Street.

Carlisle:
L. D. S. Hall,
Scotch Street.

Cheltenham-Stroud:
Theosophical Hall,
St. Margaret's Ter.,
off North Place,
Cheltenham.

Clayton:
Central Hall.

Derby:
Unity Hall.

Doncaster:
L. D. S. Hall,
Trafford Street.

Dublin:
L. D. S. Hall,
8, Merrion Row.

Eastwood:
Library, Church St.

Edinburgh:
Ruskin House.
15, Windsor Street.

Gainsborough:
L. D. S. Hall,
4b, Silver Street.

Gateshead:
Westfield Hall,
Westfield Terrace.

Glasgow:
South Side,
Masonic Hall,
30, Abbotsford Pl.,C.5.

Gravesend:
1, Peacock Street.

Grimsby:
Thrift Hall,
Pasture Street.

Guisborough:
L. D. S. Hall,
back of 13, Church St.

Halifax:
L. D. S. Hall,
35, Brinton Terrace,
off Hansen Lane.

Hucknall:
Byron Buildings.

Hull:
L. D. S. Chapel,
Wellington Lane, and
Berkeley Street.

Hyde:
L. D. S. Hall,
29, Beeley Street.

Kidderminster:
L. D. S. Chapel,
Park Street.

Leeds:
L. D. S. Hall,
5, King Charles St.

Leicester:
All Saints' Open,
Great Central Street.

Letchworth:
Vasanta Hall,
Gernon Walk.

Liverpool:
L. D. S. Chapel,
301, Edge Lane.

London:
L. D. S. Chapel,
59, Clissold Rd., N.16.
Ravenslea Chapel,
149, Nightingale Lane,
S.W.12.
57, King Alfred's Ave.,
Catford.
58, Wellesley Road,
Gunnersbury, W.4.

Loughborough:
Adult School.

Lowestoft:
L. D. S. Hall,
20, Clapham Road.

Luton:
Dallow Road Hall,
Corner of Dallow and
Naseby Roads.

Mansfield:
39a, Albert Street.

Manchester:
L. D. S. Hall,
88, Clarendon Road,
C. on M.

Merthyr Tydfil:
L. D. S. Chapel,
Penyard Road.

Middlesbrough:
L. D. S. Hall,
21, Bottomly Street,
off Linthorpe Road.

Nelson:
L. D. S. Hall,
10, Hibson Road.

Northampton:
L. D. S. Chapel,
89, St. Michael's Road.

Nottingham:
L. D. S. Hall,
8, Southwell Road.

Norwich:
L. D. S. Chapel,
60, Park Lane.

Nuneaton:
Masonic Hall,
Newdegate Street.

Oldham:
L. D. S. Hall,
Neville Street.

Plymouth:
L. D. S. Hall,
114, Tavistock Road,
Park Street.

Pontllanfraith:
Enquire:
81, Brynteg Street.

Preston, Lancs.:
L. D. S. Hall,
44, Avenham Street,
off Fishergate.

Rawmarsh:
L. D. S. Hall,
Main Street.

Rochdale:
L. D. S. Chapel,
Lower Sheriff Street.

Sheffield:
L. D. S. Chapel,
Corner of Ellesmere
and Lyons Roads.

Shildon:
L. D. S. Hall,
100, Main Street.

South Shields:
L. D. S. Hall,
36, Fowler Street.

Staffordshire:
Washington Bldgs.,
nr. L.M.S. Station,
Wolverhampton.

St. Albans:
49, Spencer Street.

Sunderland:
L. D. S. Chapel,
18, Tunstall Road.

Varteg:
Memorial Hall.

West Hartlepool:
L. D. S. Chapel,
7, Osborne Road.

Wigan:
L. and Y. Station.

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In thine exhaustless fountains are concealed!
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The Infinitude with which our bosoms swell."

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